

How to Get Your Baby to Sleep Quickly

New born babies sleep 16 hours within a day. But they don't sleep continuously. They sleep for a few hours, wake up, get fed, stay awake for a little time and then back to sleep. They have no idea of day and night until they're several months old. There are several reasons for waking up intermittently and sleeping for short intervals. The baby's stomach is still small and gets filled fast, especially if you are breastfeeding. Breastfeeding is easier to digest and the baby will get hungry faster.

Once they get hungry, they will wake up and expect to be fed again. This routine may go on for several months and should change as the baby grows older. Here are some time estimates of how long the baby should be awake and sleeping daily. It may help you adjust your schedules accordingly.

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Some studies show that babies have a shorter sleep and dream cycle than adults. This means there the baby will wake up often but will go back to sleep eventually. New born babies should get 8 to 9 hours of sleep during the day and similarly during the night. These are definitely not a continuous 8 to 9 hours. But theoretically, the total sleep time during the day should approximate 8 to 9 hours and a similar number of hours during the night. Noticeably, sleep time is fairly short at the beginning.

When the baby reaches 2 years old, the sleep time should be about 13-14 hours daily as compared to the previous 16-18 hours when the baby was newly born. The baby requires less sleep time as they grow older. As this happens, you should try to get them accustomed to staying awake more often during the day and consume more of the sleep time at night. Try giving the baby short naps during the day.

Avoid giving them naps in the late afternoon as it will be harder putting them to sleep at night. Give them some activity during the day so they are kept busy. Providing them with toys and strolling around the garden are two joyful activities that will keep them entertained.

Bathe them early in the evening and feed them afterwards. That will make them feel fresh and satisfied and ready for bed. You can play with the baby for a short while as this may be your bonding time with the child after a hectic day at the office. It may also be the time for them to expend their remaining energy. A tired child will sleep throughout the night.

Provide the right atmosphere for them to sleep. Put some mood music to lull them to sleep. Put a night light on so they will not be worried about the darkness.

A night light will also help you find your way around the room if needed. You can read them a story and slowly lower your voice after several minutes to bring a calm and tranquil effect into the room. The sound of your voice will make the child feel safe and secure enough to fall asleep.

Children might wake up during the night if they experience separation anxieties. They can get over this problem easily with some guidance and help from the parents. If the baby wakes up in the evening frequently or refuses to sleep immediately, this can become a habit-forming behavior. Try changing your sleep routines.

Observe them closely as they might be experiencing some disorders. Talk to relatives, friends and specialists on methods to make the child fall asleep. Your Baby Is A Healthy Baby

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